

Free and Confidential HIV Testing Sites

Black Hawk County Health Department
1407 Independence Avenue, 5th Floor
Waterloo, IA 50703
319 291-2413

Cerro Gordo County Health Department
22 N. Georgia Avenue, Suite 300
Mason City, IA 50401
641 421-9320

Council Bluffs City Health Department
209 Pearl Street
Council Bluffs, IA 51503
712 328-4666

Hillcrest Professional Health Clinic
220 W 7th Street
Dubuque, IA 52001
563 583-6431

Iowa City Free Medical Clinic
2440 Towncrest Drive
Iowa City, IA 52240
319 337-4459

Johnson County Public Health
Health & Human Services Bldg
Community Health, Suite 217
855 S. Dubuque Street
Iowa City, IA 52240
319 688-5890

Free and Confidential HIV Testing Sites

Linn County Public Health
501 13th Street, N.W.
Cedar Rapids, IA 52405
319 892-6095

Polk County Health Department
1907 Carpenter Avenue
Des Moines, IA 50314
515 286-3798

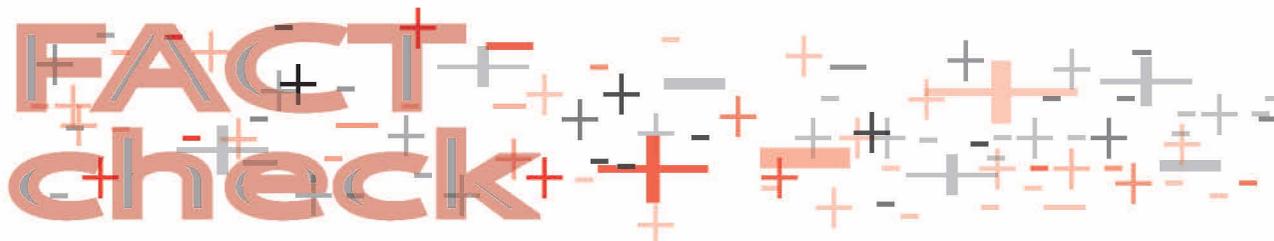
The Project of Primary Health Care
1200 University Avenue
Des Moines, IA 50314
515 248-1595

Scott County Health Department
600 W. 4th Street, 4th Floor
Davenport, IA 52801
563 326-8618, ext 8826 or 8818

Siouxland Community Health Center
1021 Nebraska Street
Sioux City, IA 51105
712 252-2477

Finley Visiting Nurse Association
P.O. Box 359
1454 Iowa Street
Dubuque, IA 52004
563 556-6200

HIV AIDS



facts

Iowa Department of Public Health
January 2014

What are HIV and AIDS?

HIV (Human Immunodeficiency Virus) is a virus that attacks the body's immune system. Over time, most people infected with HIV become less able to fight off life-threatening infections and cancers. HIV is found in blood, semen, vaginal fluids, and breast milk of an infected person. AIDS (Acquired Immune Deficiency Syndrome) is the late stage of HIV disease.

Who is at risk?

A person of any age, gender, race, ethnicity, religion, economic status, or sexual orientation can get HIV. **and that's a fact**

Certain actions place people at higher risk than others. These include:

- Having sex without a condom (vaginal, anal, or oral) with someone who has HIV.
- Sharing needles or other equipment used to inject drugs, steroids, or even vitamins or medicine with someone who has HIV.

In addition, babies of mothers with HIV can potentially become infected during pregnancy, childbirth, or through breast feeding.

fact

Someone with HIV can transmit HIV even before that person knows that he or she is infected (i.e., before symptoms are present).

f a c t s

You can ONLY get HIV if infected blood, semen, vaginal fluids, or breast milk comes in contact with certain cells inside your body.

fact HIV is NOT spread by casual contact like sneezing, coughing, eating or drinking from shared utensils, shaking hands, or hugging. Saliva is not one of the four fluids through which HIV is transmitted.

fact Sharing a workplace, school setting, restrooms, drinking fountains, swimming pools, locker rooms, or hot tubs are not means of getting HIV.

fact You cannot get HIV from an insect bite.

fact Donated blood products have been screened for HIV since 1985 so as to keep infected blood from being passed to others.

Ways to Protect Yourself

You can reduce the likelihood of becoming infected with HIV by:

- having sex with only one person whose HIV status is known to you;
- using a condom during sex from start to finish;
- reducing the number of sexual partners;
- avoiding using or sharing needles.

What are the Symptoms?

Most people - but not all - have flu-like symptoms (fever, muscle aches, feeling tired) soon after they are infected. This is called acute HIV infection. Once these symptoms resolve, most people with HIV will have no more symptoms for many years.

Is There a Test for HIV?

There are a number of tests that detect antibodies to HIV. Your body produces antibodies to fight germs. People who are infected with HIV have antibodies to HIV in their body fluids and these antibodies can be detected by a blood or an oral fluid test. Other tests may be used to confirm a diagnosis of HIV infection.

Why is it Important for People to Know if They are Infected with HIV?

facts of life There are treatments for HIV/AIDS that can help a person stay healthy and avoid transmitting HIV to his or her partners. The sooner people know they have HIV, the sooner they can make choices to protect their health.

People who know they have HIV can take precautions to avoid giving it to others. They can also get assistance in telling current and past partners that they, too, may have been exposed to HIV and should get tested.

fact

Women who have HIV and are pregnant or are considering becoming pregnant can take medicine to greatly reduce the risk of the baby becoming infected.

Want more facts?

- Talk to your healthcare provider,
- Visit a testing site (see listing on back),
- Contact the Iowa Department of Public Health, (515) 281-6801, or www.idph.state.ia.us/HivStdHep/Default.aspx